



# NAVY AND MARINE CORPS PUBLIC HEALTH CENTER

## PREVENTION AND PROTECTION START HERE

June 2017



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# NMCPHC Updates

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## Men's Health Toolbox

Some health concerns affect men differently than women. When men are aware of gender-specific health concerns important to them, they can take better care of themselves. As an example, men are more likely to gain weight around their midsection due to higher testosterone levels than women.<sup>1</sup> Fat around the waist increases the risk for heart disease and diabetes.<sup>1</sup> Men who are aware of this should understand the importance of taking measures to maintain a healthy weight. Male Sailors, Marines, and Department of Defense (DoD) civilians should take charge of their health and adopt healthy living habits that include eating healthy, being active, maintaining a healthy weight, managing stress, staying injury free, practicing safe sex, drinking in moderation and being tobacco free. NMCPHC is here to help. The Men's Health Month Health Promotion Toolbox provides male Sailors, Marines, beneficiaries and DoD civilians with the resources to learn how to make healthier choices across the spectrum of men's health topics. [Click here to learn more >>](#)

[1] Healthy Eating for Men. Academy of Nutrition and Dietetics. <http://www.eatright.org/resource/health/wellness/healthy-aging/healthy-eating-for-men>. Published 2014.

## NMCPHC 50<sup>th</sup> Anniversary Story Map

To commemorate 50 years of excellence in public health, the NMCPHC Geographic Information Systems (GIS) team from the Health Analysis (HA) Department created a story map of the command's history and global impact through the years. Using maps, images and narration, the story map tells an interactive story of how NMCPHC has evolved since 1967. In spite of name changes and organizational shifts, NMCPHC's commitment to the health of the fleet, the world and mission readiness remains. Explore NMCPHC's rich history and accomplishments.

[Click here to learn more >>](#)

## Celebrating 50 Years of Public Health Excellence Dynamic Slideshow

May 2017 marked NMCPHC's 50<sup>th</sup> anniversary providing leadership and expertise to prevent disease and promote health among our nation's service members and beneficiaries. Check out this short dynamic slideshow to learn more about NMCPHC's contribution to the Navy and Marine Corps community. [Click here to view >>](#)



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## Powassan Virus Disease Fact Sheet

Recent warmer winters have led to an increased tick population, which can increase the likelihood of tick-borne infections such as Powassan virus. Reducing exposure to ticks is key to preventing these infections. Check out our fact sheet on Powassan virus to learn more.

[Click here to read more >>](#)

## Summer Injury Prevention Fact Sheets

School is almost out, which means vacation time for family and summer celebrations are right around the corner! To assist Navy and Marine Corps safety and fitness professionals in promoting summer safety and injury prevention, NMCPHC has developed a set of reproducible summer injury prevention fact sheets that cover a variety of topic areas ranging from how to avoid rip tides to tips on managing personal safety in large crowds. Check out the fact sheets today to help keep everyone safe this summer. [Click here to read more >>](#)

## Health Promotion and Wellness (HPW) Newsletter

Distributed monthly, the HPW newsletter provides an update on recent health promotion news and resources, information on the monthly health observance, training and events, partnership spotlights and health promotion around the globe. The June 2017 edition of the HPW newsletter offers articles discussing the suspended use of electronic nicotine delivery systems in the fleet, current physical fitness statistics among U.S. Navy and Marine Corps service members, resources for Men's Health Month and more. [Click here to read more >>](#)

## NMCPHC Quick Hit – Health Analysis Product Catalog

The HA Department is the Navy's in-house health analytics group that specializes in improving outcomes and reducing costs. Since the department's inception at the Navy and Marine Corps Public Health Center (NMCPHC) in 2009, they have completed hundreds of projects to improve population health and delivery of care. Now, HA is making this wealth of knowledge available online. [Click here to learn more >>](#)



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## NMCPHC LinkedIn Group

Open to our staff, customers and professionals interested in joining the Navy Public Health team, the NMCPHC LinkedIn group allows members to network, share knowledge and ideas and hold discussions that further our common mission of protecting the health and readiness of our nation's service members and their families. We strongly encourage you to join the group, participate in discussions, ask questions and invite others to learn more about the innovative work happening at NMCPHC. [Click here to learn more >>](#)



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## **2016 Navy Blue- H Health Promotion and Wellness Award Winners Announced**

NMCPHC has announced that 681 Navy and Marine Corps organizations received the 2016 Blue H - Navy Surgeon General's Health Promotion and Wellness Award. The 2016 winners highlighted in the Navy Surgeon General's message include nine U.S. Navy aircraft carriers, 58 Navy flying squadrons, 45 surface ships or surface forces units, 80 Navy medical treatment facilities, eight Marine Corps Semper Fit Centers, 58 Marine Corps commands and 111 Navy Reserve Operational Support Centers. [Click here to read more>>](#)

## **Navy Medicine East Stresses Pursuit of Mental Health a Sign of Strength**

Navy Medicine East (NME) focuses on increasing awareness of psychological and emotional health among service members, veterans, family members and caregivers in support of observances throughout the year, such as National Mental Health Awareness Month this past May. NME's health care facilities across the eastern hemisphere are using this opportunity to provide tools and resources to help patients better understand access to care and to promote availability of treatment options with the goal of building resilience. [Click here to read more>>](#)

## **Pacific Partnership 2017 Departs Da Nang, Re-affirms Warm Ties with the City**

Pacific Partnership 2017 departed Da Nang, Vietnam on May 18 after completing 10 days of disaster response training, medical and engineering subject matter expert exchanges, cooperative health engagements and community relations events. This year marks the fourth consecutive year and the eighth time the mission has visited Vietnam in the past 11 years.

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## Pain, Pain, Go Away: Improving Care and Safety When Managing Pain

You're in pain and it's not going away. You go to your doctor wondering if there's a way to relieve it and you rest easy knowing you're in good hands. With patient safety as a top priority, the DoD and Department of Veterans Affairs have updated their clinical guidance on opioid therapy used to manage chronic pain. "There has been a rapid advancement in the science and the knowledge of opioid therapy, and of the risks associated with it," said Dr. Christopher Spevak, director of the National Capital Region Opioid Safety Program and a provider at Walter Reed National Military Medical Center in Bethesda, Maryland. [Click here to read more>>](#)



# NMCPHC Upcoming Training & Conferences

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## Spirometry Training Course

June 20 – 23

Sigonella, Italy

July 11 – 14

Twentynine Palms, CA

July 18 – 21

San Diego, CA

The Occupational and Environmental Medicine (OEM) Department of NMCPHC sponsors a spirometry training course that has been approved by the National Institute for Occupational Safety and Health (NIOSH). There are only 28 NIOSH-approved spirometry training courses across the United States. The NMCPHC-sponsored spirometry training course is tailored to meet the occupational health needs of the Department of Navy (DoN) to include providing the course to commands inside the continental United States (CONUS) as well as outside the continental United States (OCONUS). [Click here to learn more>>](#)

## Exposure Monitoring Course

June 26 - 30

NEPMU-5 San Diego, CA

The NMCPHC Industrial Hygiene (IH) Department's exposure monitoring course is an introduction to the concepts, theory and terminology associated with industrial hygiene. The course instruction provides students with a broad range of information including sampling methods, sampling equipment and media and IH calculations. In addition, Navy instructions, Occupational Safety and Health Administration (OSHA), American Conference of Governmental Industrial Hygienists (ACGIH) standards and other agency regulations are discussed. The five-day course is taught in a classroom setting by the NMCPHC IH staff. Students must pass the final exam on the last day to receive a certificate of completion. The course is intended for exposure monitors and industrial hygiene technicians. [Click here to learn more>>](#)

## Reportable Medical Event (RME) Changes

June 27

Webinar

The Preventive Medicine Program and Policy Support (PPS) Department of NMCPHC is part of a tri-service group that hosts monthly training sessions for Military Treatment Facility (MTF) and shipboard public health staff, including users of the Disease Reporting System internet (DRSi). In this training, participants will learn to describe medical events that have been removed from the reportable events list, identify medical events that have been added to the reportable events list and understand other edits that have been made to the case definitions of existing reportable medical events. The training is approximately 30 minutes long and is conducted online with an accompanying dial-in phone number. [Click here to learn more>>](#)



# NMCPHC Upcoming Training & Conferences

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## DOEHRs-IH Training

July 17 – 21

Naval Hospital Camp Pendleton, CA

DOEHRs-IH is a web-based application that is used to collect industrial hygiene survey information. This course is designed to teach military and civilian IH personnel, who will be actively entering data into the DOEHRs-IH application, to maneuver and organize data within their IH Program Office. There is no fee for this course. However, students and their commands are responsible for their own transportation, lodging and per diem arrangements and expenses.

[Click here to learn more>>](#)

## Tobacco Cessation Facilitator Training

July 25

Norfolk, VA

The Tobacco Cessation Facilitator Training course equips individuals with the knowledge and skills required to become Tobacco Cessation Facilitators at their local command in order to assist others with quitting tobacco. This course will familiarize attendees with individual and group treatment program approaches as well as the counseling skills and knowledge to effectively help tobacco users quit their addiction. Attendees will learn the components of the American Cancer Society's Freshstart® tobacco cessation program, as well as additional topics useful for conducting tobacco cessation such as facilitation skills and behavior change. Attendees will also receive materials and guidance to execute tobacco cessation programs at the local level. [Click here to learn more>>](#)



# NMCPHC Field Activity Education & Training

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## Navy Entomology Center of Excellence (NECE)

NECE offers training to DoD pest management professionals to include pesticide applicator certification (approved by the U.S. Environmental Protection Agency to satisfy federal training and certification requirements for pesticide applicators); DoD pesticide applicator recertification; operational entomology training (preparing preventive medicine personnel to establish a public health pest management program); and shipboard pest management (NECE serves as the Navy program manager for shipboard pest control). [Click here to learn more>>](#)

## NEPMU-2

The mission of NEPMU-2's Education and Training Department is to provide fleet and staff training, leadership and management to ensure that required professional certificates for occupational, environmental and preventive medicine professionals are met throughout the Navy and Marine Corps. [Click here to learn more>>](#)

## NEPMU-5

The mission of NEPMU-5's Education and Training Department is to provide external and internal education and training, ashore and afloat, while maintaining training logistical support for deploying Forward Deployable Preventive Medicine Unit (FDPMU) teams in support of operational commanders worldwide. Services offered include CANTRAC and specialized education & training in support of Navy military and civilian personnel assigned within this unit's area of responsibility (AOR), ashore and afloat. [Click here to learn more>>](#)

## NEPMU-6

The Education and Training Department of NEPMU-6 offers courses throughout the year including (but not limited to) food safety manager's course, laboratory identification of malaria training, DoD pesticide applicator certificate refresher course, shipboard pest management training and Navy ship sanitation certificate program. [Click here to learn more>>](#)

## NEPMU-7

NEPMU-7 provides force health protection courses throughout the year including (but not limited to) operational entomology training, shipboard pest management and food safety manager's/supervisor's Course. [Click here to learn more>>](#)